

## Implementation of Health Education on Breast Care Techniques to Facilitate Breast Milk in Postpartum Mothers at the Army Hospital Kindergarten IV. 01 07 01 Pematangsiantar

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### ABSTRACT

Breast care is an act of massaging the back along the spine which is useful for facilitating breastfeeding, mothers are relaxed and comfortable in post partum mothers. The purpose of this study was to describe nursing care for post partum mothers with the application of back rolling massage to increase milk production. Respondents in this study were 2 people who were taken by purposive sampling technique. Data were collected by interview, physical examination, observation and documentation studies. The results of the assessment show that the client says the milk has not come out. The act of back rolling massage which is carried out for 3 days of treatment can increase milk production. The application of back rolling massage can overcome the problem of ineffective breastfeeding in post partum mothers. It is hoped that back rolling massage will be an alternative source in increasing breast milk production.

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## INTRODUCTION

Breastfeeding is an ideal way of feeding to increase the growth and development of babies. The World Health Organization (WHO) recommends giving exclusive breastfeeding to babies without additional food as long as the baby is 6 months old and then continues to breastfeed until the baby is the first two years of life (Fitriana, et al., 2023).

According to the World Health Organization (WHO) in 2021 there were 820,000 deliveries worldwide. The incidence of mortality in 2023 reached 287,000 deaths. Based on the Centers for Disease Control and Prevention in the United States (CDC) in 2022, 3.7 million babies were born in the United States. Sub-Saharan African countries reported 70% of deaths from the 2020 report, which is 136 times more than the death rate in Australia and New Zealand (UNICEF, 2020).

According to data from the World Health Organization (WHO) in 2022, 67.9% of exclusive breastfeeding coverage in Indonesia was recorded, down from 69.7% from 2021, which explains the need for more intensive support to increase breastfeeding coverage. According to data from Basic Health Research (RISKESDAS) in 2021, as many as 52.5% or only half of the 2.3 million babies under 6 months old received exclusive breastfeeding in Indonesia, or a decrease of 12 percent from the figure in 2019. The early breastfeeding initiation rate (IMD) also decreased from 58.2 percent in 2019 to 48.6 percent in 2021.

Based on data from the Central Statistics Agency (BPS) of North Sumatra province, the Total Fertility Rate (TFR) in 2023 is 2.48, which means that only about 2-3 children are born to women during their reproductive period. The incidence of mortality rate in North Sumatra reached 119 cases and the death rate of newborns was 299 cases. Therefore, the North Sumatra Provincial Government continues to implement various programs or activities to reduce maternal and infant mortality rates (Riskesdas, 2021).

Based on data from medical records at the Army Hospital level IV 01.07.01 Pematang Siantar for the 2021-2023 period, there are 1812 people with postpartum mothers. Medical record data obtained as a result in 2021 there were 570 postpartum mothers. In the 2022 period there are 591 people with postpartum mothers, while in the 2023 period there are 651 people with postpartum mothers. Efforts

are made to facilitate breast milk production by breast care. Breast care is a breast care action both by the postpartum mother and assisted by other people which is carried out starting from the first or second day after giving birth by keeping the breasts always clean and well-maintained. The breast treatment carried out is beneficial in influencing the pituitary to release the hormones prolactin and oxytocin, the hormone prolactin affects the amount of breast milk production and the hormone affects the production of breast milk. Good and correct breast care has an important role in increasing breast milk production. The implementation of breast care should start as early as possible, namely 1-2 days after the baby is born and is carried out twice a day. Breast care includes breast massage, breast emptying, breast compression and nipple care (Ayunin & Safarna, 2022).

### METHOD

The type of research used is quantitative research with a descriptive research design through a case study approach. With the initial stage of collecting patient data and this study used a sample of 2 respondents with postpartum mothers and the instruments used, namely the study format sheet, and also the observation sheet used during the 3-day visit at the Level IV Army Hospital 01.07.01 Pematangsiantar. Sampling in the study was using purposive sampling. The research time began in patient 1, namely May 29, 2024 to May 31, 2024, in patient 2, namely May 21, 2024 to May 23, 2024. The subjects in this study used 10 journals with case studies, time restrictions for the last 5 years using the keywords of *breast care*, postpartum mothers. The number of journals used is 10 journals that are presented in the form of narratives.

### RESULTS AND DISCUSSION

The evaluation carried out by the SOAP method is to obtain S (Subjective), O (Objective), A (Assessment) and P (Planning) data. Nursing evaluation for client 1 and on the first day of May 19, 2024 with the diagnosis of ineffective breastfeeding, on the first day, the client said that the breast milk had not come out, the breasts were stiff, the baby was not strong at sucking, the nipples were not protruding, at the time of breastfeeding the baby was crying. Nursing evaluation on the second client on the first day on May 24, 2024 with the diagnosis of ineffective breastfeeding, namely the client said that breastfeeding was not smooth, the breasts seemed tense, and when breastfeeding, the baby cried. This research is supported by previous research conducted by Novita, Rahayu, Wijayanti (2022) which found that the results on the first day of the assessment of the score of 2 were the condition of the mother's breasts were tense before breastfeeding and the frequency of breastfeeding was at least 6 times a day.

Nursing evaluation on the second day of May 20, 2024 for client 1 that the client said that breast milk was starting to come out a little, the breasts still seemed to be stiff, the baby had started to suck strongly, the nipples were not protruding, and the baby was still crying when she was about to breastfeed. Nursing evaluation on the second day of May 24, 2023 on client 2 that the client said that breast milk began to flow smoothly and more than before, breasts felt full when the baby was not breastfeeding, breast milk began to seep out. This is in line with research conducted by Rini, R.A (2020) in her research found that clients said more breast milk came out and the baby slept soundly after breastfeeding, soft breasts after breastfeeding and full breasts before breastfeeding.

Nursing evaluation on the third day of May 19, 2023 on client 1 that the client said that breastfeeding began to flow smoothly, breasts felt soft if the baby was breastfeeding, the baby was strong in sucking, the mother's nipples were protruding, the baby seemed calm breastfeeding. Nursing evaluation on the third day, May 25, 2023 on client 2 that the client said that breast milk was already radiating, breasts felt full if the baby was not breastfeeding, breast milk seeped out if the baby was not breastfeeding. This research is supported by Rini, R.A (2018) in her research that clients say more breast milk comes out, babies sleep soundly after breastfeeding every 2 hours, baby BAK 1 time a day. The client's breasts are soft to the touch after breastfeeding, the breasts are full to the touch before breastfeeding.

Table 1. Patient Observation 1

Oxygen saturation before the head up position 30°	Oxygen saturation after head up position 30°	
90%	Day I	92%
	Day II	95%
	Day III	99%

Table 2. Patient Observation 2

Oxygen saturation before the head up position 30°	Oxygen saturation after head up position 30°	
92%	Day I	93%
	Day II	95%
	Day III	98%

### CONCLUSION

Nursing care is carried out for postpartum mothers with the application of back rolling massage for 3 days of treatment. The results of the assessment on client 1 showed that the client said that the breast milk had not come out, the breasts were stiff, the baby was not strong enough to suck, the nipples were not protruding, and when breastfeeding, the baby was crying. The results of the assessment on client 2 are: the client said that the breast milk was not smooth, the breasts were soft, and the breast seemed to be dripping. Based on the results of the assessment, the author established a nursing diagnosis, namely ineffective breastfeeding related to inadequate milk supply. The interventions prepared by the author, namely breastfeeding education, one of which is the application of breast care. Breast treatment was carried out for 3 days of treatment, the evaluation showed that after breast treatment was carried out, the result was that milk production increased. This research can be applied as a nursing intervention in *postpartum mothers* because it has the benefit of increasing breast milk production. So it is hoped that the hospital can develop standard operating procedures regarding the application of breast care in *postpartum* mothers so that it can be used as a reference for nurses in providing appropriate nursing interventions.

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